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TIPS FOR RENTERS

A local expert offers insider advice to help you find the best apartment with the least hassle. 4

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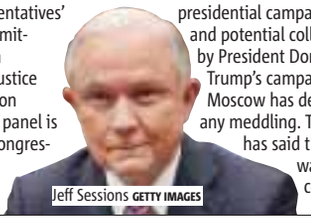
NIKKI M. MASCALI, REPORTER

From managing your rental budget to understanding your lease and physically moving, renting in New York City can be awful. So I grilled Gary Malin, president of Citi Habitats, for insider tips on the best time to rent, how to get your security deposit back and more. Check out my story on **page 4 or at metro.us.**

AG TO MEET WITH HOUSE INTELLIGENCE PANEL

U.S. Attorney General Jeff Sessions is scheduled to appear behind closed doors for an interview with the U.S. House of Representatives' intelligence committee on Nov. 30, a Department of Justice spokesman said on Wednesday. The panel is among several congressional committees, along with the Department of Justice's special counsel Robert Mueller, investigating alleged Russian interference in the 2016 presidential campaign and potential collusion by President Donald Trump's campaign. Moscow has denied any meddling. Trump has said there was no collusion.



Jeff Sessions GETTY IMAGES

ZIMBABWE MILITARY SWEEPS TO POWER

Zimbabwe's military seized power on Wednesday saying it was holding President Robert Mugabe and his family safe while targeting "criminals" in the entourage of the man who has ruled the nation since independence 37 years ago. Soldiers seized the state broadcaster and a general appeared on television to announce the takeover. Armored vehicles blocked roads to the main government offices, parliament and the courts in central Harare, while taxis ferried commuters to work nearby. The atmosphere in the capital remained calm. In his first contact with the outside world since the takeover, Mugabe spoke by telephone to the president of South Africa, Jacob Zuma, and told him he was confined to his home but fine, the South African presidency said in a statement.

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5 THINGS YOU NEED TO KNOW

GREECE FLOODS

3 A man helps another one to walk in a flooded street following a heavy rainfall in the town of Mandra, Greece, on Wednesday. The death toll from the flash floods that hit the outskirts of Athens is feared to rise in the coming hours after five deaths and seven injuries were confirmed by the government.

UCLA PLAYERS APOLOGIZE AND THANK TRUMP

Three UCLA basketball players who had been detained in China on suspicion of shoplifting admitted that they stole items from three stores, and they thanked U.S. President Donald Trump for his help in winning their release. The three players — LiAngelo Ball, Cody Riley and Jalen Hill — remain suspended from the University of California, Los Angeles, basketball team indefinitely, coach Steve Alford told a news conference. All three apologized and thanked Trump for helping secure their release by raising the issue with Chinese President Xi Jinping during his visit, in their first public comments since being detained. "I take full responsibility for the mistakes I have made, shoplifting," Riley told reporters. "I know that this goes beyond me letting my school down. I let the entire country down."

DEATH TOLL RISES AFTER WIFE'S BODY IS FOUND

The death toll in a shooting spree in rural Northern California rose to five after police discovered the body of the gunman's wife hidden in the couple's house, an assistant sheriff said on Wednesday. The body of the wife of the gunman, Kevin Neal, was discovered late on Tuesday, hidden under a hole in the floor, Tehama County Assistant Sheriff Phil Johnston said. Authorities believe Neal, 44, killed his wife on Monday, the day before he went on a rampage at multiple sites around the small community of Rancho Tehama, about 120 miles north of Sacramento, killing four other people. Neal also opened fire at an elementary school before he was slain by police. Johnston said many more people might have been killed if staff at the Rancho Tehama School had not locked Neal out.

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Downtown Brooklyn Community Office	635 Fulton Street, 1st floor Brooklyn, NY 11217	11/7, 11/17	3pm–4:30pm
Queens	**Address**	**Date**	**Time**
Jackson Heights Community Office	93-14 Roosevelt Avenue, 1st floor Jackson Heights, NY 11372	11/3, 11/10 11/17, 11/24	2pm–3pm
Richmond Hill Community Office	122-01 Liberty Avenue, 1st floor South Richmond Hill, NY 11419	11/8, 11/24	3pm–5pm
Bronx	**Address**	**Date**	**Time**
Fordham Community Office	412 E Fordham Road Bronx, NY 10458	11/1, 11/15 11/29	10am–11am
E. Tremont Community Office	774 E Tremont Avenue, 1st floor Bronx, NY 10460	11/9	10am–11am
Long Island (Nassau County)	**Address**	**Date**	**Time**
Hempstead Community Office	50 Clinton Street, Suite 110A Hempstead, NY 11550	11/1, 11/15, 11/29	6:30pm–7:30pm
		11/4, 11/18	2pm–3:30pm

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Eight tips for renting an apartment in NYC

We grilled Gary Malin of Citi Habitats about when to move, how to get your security deposit back and more.

NIKKI M. MASCALI
@MetroNewYork
nikki.mascali@metro.us

Renting in New York City can be the absolute worst. There's the stress of finding The Perfect Place in your budget and preferred neighborhood, not only signing but understanding the mountain of paperwork that is your lease and the act of moving.

It's enough to make you want to scream, but maybe we can help. Metro grilled Gary Malin, president of Citi Habitats, for insider tips on when to find the best deals, how to go about breaking your lease and more. Happy packing!

The best time to rent

As May through August is New York's peak renting months, winter wins because there's less demand, Malin said. Plus, "there's always the potential to get a deal, whether the rents come down or incentives are added to make it more attractive," he added.

Manhattan's vacancy rate rises

Manhattan's vacancy rate reached a historically high 2 percent last month, which "means the market is a little more tenant-friendly," Malin said, citing pricing and new inventory, especially in the outer boroughs, "which have become first choices, like Long Island City in particular."

Don't fear the fee

Malin stresses that renters are not obligated to lease or buy with agents who show them properties. "I think people get caught up in the 'I have to pay a fee, and I don't want to pay a fee so I'm going to go alone,'" he said. "The reality is this market has tremendous no-fee opportunities where an agent can work with you and the owner can pay that agent the fee. If you always put the fee first versus finding the perfect home, at times, you might end up making a big mistake and paying more than you needed to."

PROVIDED

Metro grilled Gary Malin, president of Citi Habitats, above, for insider tips on renting an apartment now that the best time of year to move is upon us.

A general view looking across the buildings and construction of downtown Brooklyn, looking toward Manhattan. GETTY IMAGES

Be open

You know the area you want your dream apartment to be, but "maybe that area doesn't check all the boxes, but the agent you're working with can offer ideas and suggestions that could be a better deal for you," Malin said.

Transit trends

While Malin does see renters who want to live near certain subway lines, "people aren't as hyper-focused on the locations as they once were because they feel transportation options are better than they have been," he said, citing ride-hailing apps, Citi Bike and the NYC Ferry.

Don't hide your furkid

There are many pet-friendly buildings in New York City, so "be very clear about your pet situation," Malin urged. "Don't think you can hide the pet from your agent or the owner. Don't try to pull a fast one because in the end, the only person that's going to suffer is you" — and your pet.

How to break your lease

You finally got your dream abode, but now, for whatever reason, you have to leave before your lease ends. Though every owner's policy is different, how you approach it could help you. "Pick up the phone, try to get a face-to-face meeting with them, explain your circumstances and find out what options exist," Malin said.

But since "they're not obligated to let you out of the lease, no more than they can take your apartment back from you for no reason," he added, know you may have to pay a fee or find someone to take over your lease.

SECURE YOUR SECURITY

- This one should be common sense. "First and foremost, be a good tenant. Pay your rent on time, don't cause any damage or do work that wasn't approved," Malin said. "Tenants themselves are the best gatekeepers to getting back their money. If you own something, you want it returned in the condition you gave it."

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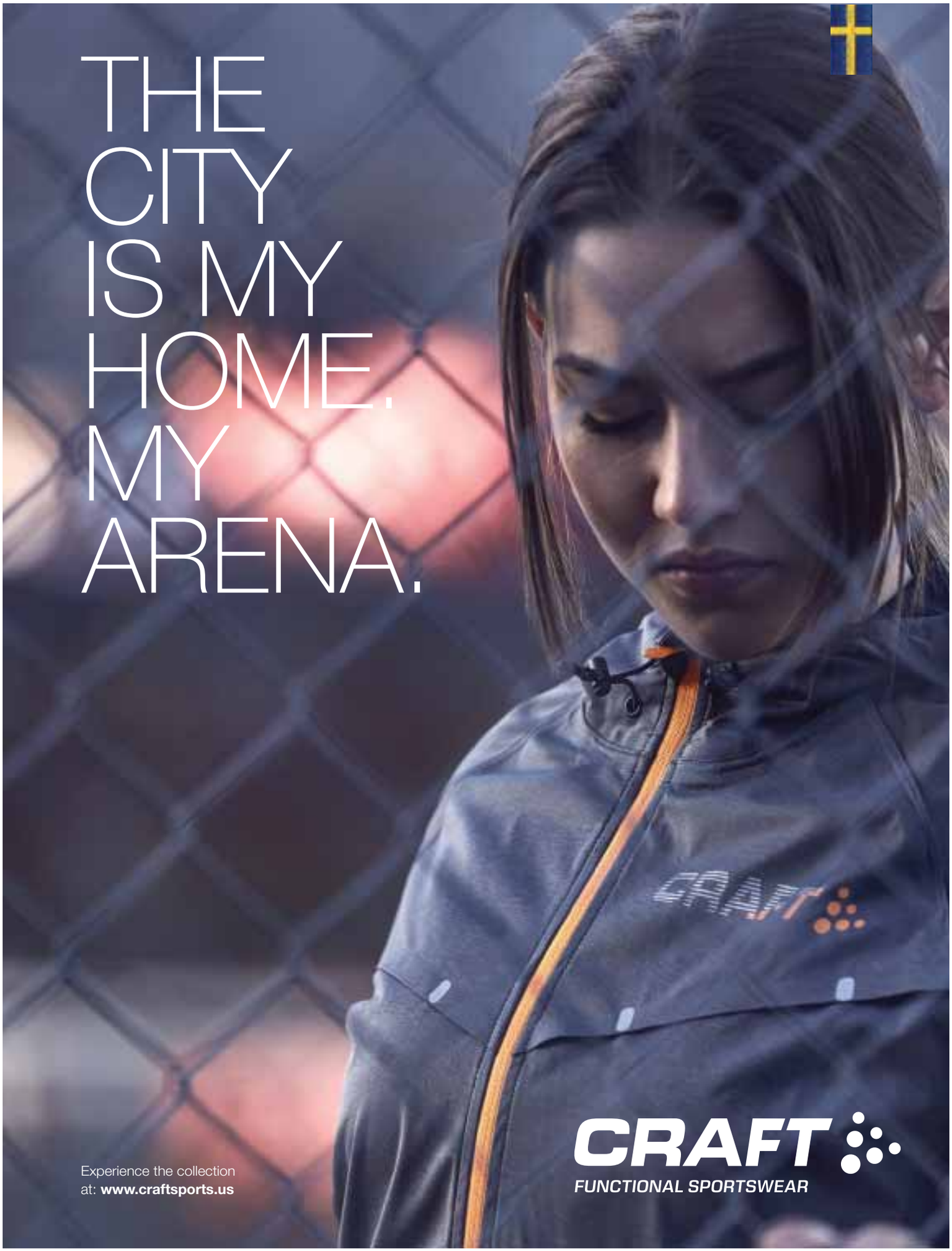
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These are the worst landlords in NYC

The public advocate released the annual 2017 Worst Landlord Watchlist, naming the landlords tenants should be wary of.

KRISTIN TOUSSAINT
@kristindakota
kristin.toussaint@metro.us

Living in New York City isn't always glamorous, and for some tenants at the mercy of bad landlords, living conditions can be downright dangerous and disgusting.

Public Advocate Letitia James released her 2017 Worst Landlords Watchlist, an annual database of the worst landlords in New York City, on Tuesday. The list names what James calls "bad actors," 100 landlords who "force hard-working New Yorkers to live in dangerous and unspeakable conditions."

James said the yearly list, started by Mayor Bill de Blasio when he was public advocate in 2010, is a way to empower tenants and hold landlords accountable, and has been successful in getting some of the city's landlords to address violations.

"Shame works," James said at a news conference announcing the list.

For landlords to make the list, there must be a minimum threshold of Housing Preservation and Development violations for the building they own, depending on that building's size. Buildings with fewer than 35 units must have an average of three serious, open violations per unit, and for buildings with 35 units or more, an average of two serious, open violations per unit.

Those violations include vermin infestations, moldy walls, caving ceilings, no heat or hot water and no electricity.

The No. 1 spot on the watchlist went to Jonathan Cohen of Silvershore Properties, who owns 188 units in 19 buildings, which have received 1,090 Housing Preservation and development violations.

New York City's Public Advocate Letitia James released her 2017 Worst Landlords Watchlist this week. TWITTER/TISH JAMES

In an emailed statement, Silvershore Properties said that 19 of the buildings it recently purchased were listed as having an average of a large number of open violations in 2017 and that the majority of the properties were purchased from neglectful owners, meaning Silvershore Properties inherited the violation-causing problems.

"We have done a tremendous amount of work in these properties and expect the number of violations to be reduced significantly once the HPD dismissal inspections are scheduled this month," the statement continued. "We have been extremely proactive about addressing any issues in each of the buildings. The violations cannot be removed until there is an inspection; the majority of the work has been completed and we are awaiting an inspection date."

The data used for this year's list includes all open violations between Oct. 2016 and Oct. 2017, and the status of the buildings will be updated every month, the public advocate's office said, to reflect real-time changes in open violations.

See the full list at landlordwatchlist.com.

The top 10 worst landlords in NYC

- ***Jonathan Cohen/Silvershore Properties*** (188 units in 19 buildings with 1090 HPD violations
- ***Rawle Isaacs*** (214 units in 4 buildings with 969 HPD violations)
- ***Thomas Steiner*** (320 units in 4 buildings with 843 HPD violations)
- ***Bruce Haley*** (170 units in 8 buildings with 826 HPD violations)
- ***Eric Silverstein*** (237 units in 3 buildings with 739 HPD violations)
- ***Adam Stryker*** (177 units in 11 buildings with 734 HPD violations)
- ***Joel Goldstein*** (209 units in 10 buildings with 721 HPD violations)
- ***Meir Fried*** (131 units in 18 buildings with 718 HPD violations)
- ***Mark Tress*** (20 units in 1 building with 650 HPD violations)
- ***Robert Kaszovitz*** (207 units in 4 buildings with 597 HPD violations)

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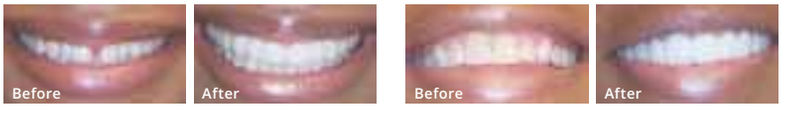

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Retired FDNY lieutenant dies from 9/11-related cancer

A retired FDNY lieutenant and first responder died Sunday from a 9/11-related cancer, becoming the 20th firefighter this year to succumb to an illness linked to the 2001 terror attack.

Lt. Edward McDonagh, a 49-year-old father of five from Rockland County, battled stage 4 colon cancer for the past three years. The former Marine joined the FDNY in 1996 and spent three months working on the pile at ground zero after 9/11, the New York Daily News reported.

He was diagnosed with colon cancer in March 2014 and retired from the FDNY in July 2016. His final assignment was with Engine 37 in Harlem, a department spokesman told the Daily News.

"He never let cancer define him," his wife, Kimberly, told the paper. "For three and a half years we took trips, celebrated life and made memories."

McDonagh is the 164th FDNY firefighter to die from a 9/11-related sickness. In total, there were 11,524 first responders who arrived at the World Trade Center on Sept. 11 or worked at ground zero after the attack.

Lt. Edward McDonagh, a 49-year-old father of five from Rockland County, died Sunday after battling stage 4 colon cancer, linked to his time on the pile after 9/11, for the past three years. FDNY

McDonagh's services will begin Saturday at Michael J. Higgins Funeral Home in New City, Rockland County, and his funeral mass will be held Monday morning at St. Francis of Assisi Church in West Nyack.

He is survived by his wife and five children ranging from ages 6 to 20. NIKKI M. MASCALI

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A rendering of Bedford Green House's rooftop aquaponics greenhouse, which will enable residents to grow produce and raise fish. PROVIDED

New building in the Bronx pushes eco living with a rooftop greenhouse

The Bedford Green House will have 118 units to house more than 160 residents, and it features a rooftop aquaponics greenhouse.

NIKKI M. MASCALI
@MetroNewYork
nikki.mascali@metro.us

Like many new buildings being built in New York City, Bedford Green House in the Bronx will be energy efficient with an environmentally friendly design. But thanks to a rooftop aquaponics greenhouse, it will also encourage its residents to try their hand at urban farming.

Breaking ground today, the 13-story, 118-unit Bedford Green House in Bedford Park will be home to more than 160 residents. The supportive and affordable housing development will cost $56.8 million and was spearheaded by Project Renewal. Gov. Andrew Cuomo awarded $6.2 million in funding for the project through the New York State Office of Temporary and Disability Assistance's Homeless Housing and Assistance Program in February.

"Throughout our 50-year history, Project Renewal has provided innovative programs to help New Yorkers in need," President and CEO Mitchell Netburn said in a statement. "We will continue to do that at Bedford Green House with comprehensive services and cutting-edge features like aquaponics to ensure that residents can lead healthy, stable lives."

The aquaponics greenhouse will enable residents to grow produce and raise fish such as tilapia. And since the growing platforms are able to be vertically stacked, the residents will be able to grow more produce than they would with traditional soil farming methods.

Residents will also be able to work with Project Renewal's horticultural therapist to grown their own food all year round. Additionally, chefs from the nonprofit's Culinary Arts Training Program will teach healthy cooking classes in the rooftop greenhouse's demo kitchen for residents and their neighbors in the community.

Resident's exposure to green living will carry throughout Bedford Green House, as the lobby and exterior façade will feature cascading plants, vines and green walls. The vines will be both aesthetic and functional as they'll absorb solar radiation in the summer and then allow it to warm the building when they shed their leaves in winter, thus reducing the building's energy usage.

Bedford Green House will also offer public art, a community playground that includes slides, a jungle gym, musical instruments and a water fountain as well as landscaped space for yoga, exercise and mindfulness classes.

The building is expected to open by the end of 2019.

"[The Green House's] comprehensive services and cutting-edge features like aquaponics ... ensure that residents can lead healthy, stable lives."
Mitchell Netburn

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NYC spent 'all-time high' on jails in 2017, despite drop in inmates

New York City's inmate population has decreased, but prison spending has increased, a report found. GETTY IMAGES

The city's inmate population is at a 30-year low, yet the city spent a record-high on running the jails, according to the comptroller's office.

KRISTIN TOUSSAINT
@kristindakota
kristin.toussaint@metro.us

The budget for New York City's Department of Correction has hit an "all-time high" in the 2017 fiscal year, despite one of the lowest inmate populations on record in more than 30 years, according to a new report.

An analysis released by city Comptroller Scott M. Stringer's office says the city's DOC budget to run jails including Rikers rocketed to $1.36 billion in the 2017 fiscal year — up 44 percent since the 2007 fiscal year.

The average cost per inmate has reached more than $143,000, according to the report, which is a 112 percent increase over the last decade.

Along with the DOC's annual cost per inmate, the report notes that there are additional costs funded outside of the DOC budget, including things like pension costs and medical services. When adding those to the DOC budget, the annual cost per inmate jumps to more than $270,800 — or $742 per inmate, per day.

These cost increases have occurred, the comptroller's office noted, as the city's inmate population has dropped, falling to a 34-year low of $9,500. A decade ago, the average daily inmate population was 14,000.

"An extraordinary decline in inmates should yield cost savings and better all-around outcomes — not dramatic spending increases. That's what's so alarming about the numbers," Stringer said in a statement. "We have to do better, and as this analysis makes clear, we're putting far more money into far fewer inmates."

Stringer suggested closing Rikers "on a quick timeline" and taking a "21st-century approach to criminal justice" as a way for the DOC to improve.

Some of these cost increases have come from an increase in security measures and new training, which Stringer notes are "laudable goals," but have yet yielded improvements.

There are more uniformed employees than inmates in the DOC system, and yet this fiscal year has seen an increase in inmate fights and assaults on staff. Fight and assault infractions increased 16 percent from the year before, and inmate assaults went up 6 percent.

Nationally, the average cost per inmate in Fiscal Year 2015 was about 32,000 or $87 per day, according to the federal Prisons Bureau.

"An extraordinary decline in inmates should yield cost savings and better all-around outcomes — not dramatic spending increases."

Scott M. Stringer

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Cards Against Humanity buys land near border so Trump can't build wall

The company has launched a special promotion urging people to "save America."

LENYON WHITAKER
@MetroNewYork
letters@metro.us

Trump's proposed border wall has been a major source of controversy. GETTY IMAGES

Cards Against Humanity, a raunchy adult card game, purchased land on the United States-Mexico border in an attempt to thwart President Trump's plans to build his border protection wall.

As part of a special holiday promotion called Cards Against Humanity Saves America, the company behind the insanely popular "party game for horrible people" purchased a plot of vacant land on the border of the U.S. and Mexico border, hoping to make it difficult for Trump to construct a border wall.

The company hired a law firm specializing in eminent domain so it can "make it as time-consuming and as expensive as possible for the wall to get built," according to the promotion's website.

"Donald Trump is a preposterous golem who is afraid of Mexicans. He is so afraid that he wants to build a $20 billion wall that everyone knows will accomplish nothing," the company's website stated.

According to Cards Against Humanity, it's easy to get involved. If you give the company $15, you will receive "six America-saving surprises" from it in December. The first will include a map of the land, a certificate of promise to fight against the wall and "a few other surprises."

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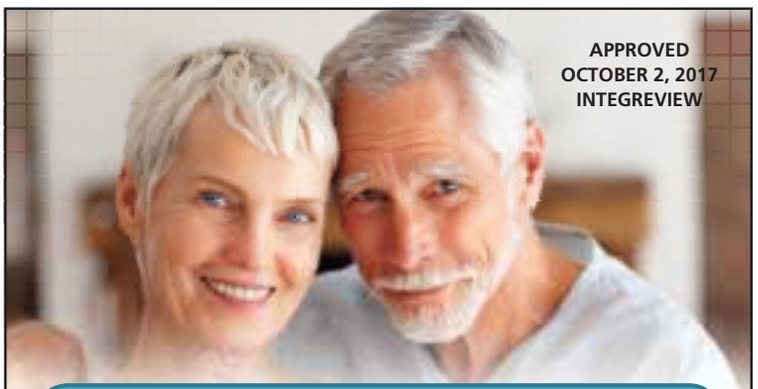

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BIOTECHNOLOGY

The Mooch wants to publish a book about his 10-day White House tenure

Anthony "The Mooch" Scaramucci wants to sell a book about his 10-day career in politics.

The former White House communications director — who was fired by incoming chief of staff John Kelly after giving an extremely indiscreet interview to The New Yorker — has been taking meetings with potential publishers, Page Six reports. Scaramucci is represented by Trident Media Group, whose clients include Jon Stewart, Paris Hilton and Deepak Chopra.

Scaramucci, a financier whose other books include "Hopping Over the Rabbit Hole" and "The Little Book of Hedge Funds," was hired by President Trump to take over the White House press operation in July, over the objections of then-Chief of Staff Reince Priebus and then-press secretary Sean Spicer.

He lost his job just 10 days into the gig.

Anthony "The Mooch" Scaramucci is shopping around a book deal about his White House stint. GETTY IMAGES

Let's save The Mooch the trouble of writing a book, and take a look back at his vibrant White House career.

Ryan Lizza of The New Yorker said Scaramucci told him he'd fire the entire communications staff if Lizza didn't tell him who leaked information about a White House dinner. Scaramucci then called Priebus a "paranoid schizophrenic, a paranoiac" and said he was about to be fired, and claimed he had taken his job with a different motivation than presidential adviser Steve Bannon.

"I'm not Steve Bannon, I'm not trying to suck my own c–k," he said.

Scaramucci ended the interview by saying, "Yeah, let me go, though, because I've gotta start tweeting some shit to make this guy crazy." Then, over Twitter, Scaramucci seemed to accuse Priebus of leaking information about him. "In light of the leak of my financial info which is a felony. I will be contacting @FBI and the @TheJusticeDept #swamp @Reince45," he tweeted.

Scaramucci's press rainbow tour continued — briefly. "There are people inside the administration that think it is their job to save America from this president," he told CNN's "New Day" on July 27. "OK, that is not their job. Their job is to inject this president into America."

Four days later, Trump fired him. MICHAEL MARTIN

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Baby Boomers Benefitting From Knee Arthritis Tr

How Cutting-Edge Treatments and Technology Are Helping Knee Arthritis Sufferers A

New York City - Nothing is more true. A life with constant pain is not a life worth living. And if you can't stay active and do all the things you love - like walking, playing golf, tennis, vacationing etc. It's not really a life at all.

...the Pain Is More Like A Prison

And for generations, knee arthritis has given good, hard working people a life sentence of pain and suffering. To make things worse, slick marketers only add to the pain by promising wonder cures. Late night television and your mail box are filled with "wonder arthritis cures" that make wild claims and sound too good to be true . . . ***Because They Are***

Nothing is worse than getting your hopes up - spending your hard earned money - only to be let down time after time.

It is easy to give up...

But while marketers were peddling "wonder cures," real doctors and researchers were hard at work trying to discover a real medical solution. Modern medicine eradicated small pox and polio. Through laser eye surgery, doctors can give almost blind people perfect 20/20 vision. The potential cures on the horizon with breakthroughs like stem cell and regenerative therapies are endless.

Solve The Riddle Of Arthritis Pain?

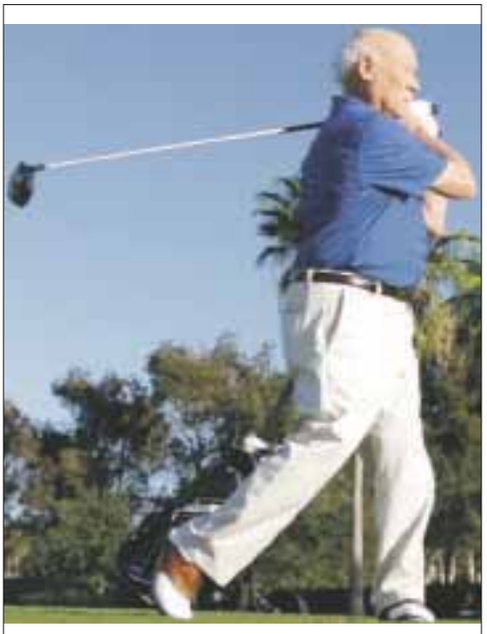
For the past 3 years, that's exactly what a medical clinic in New York City has been doing. The ***NYC Pain MD*** doctors have been able to help thousands of knee arthritis sufferers with cutting-edge treatments and technology older generations could only dream about. One of these treatments in particular has helped thousands of patents ease or eliminate pain and go back to doing their favorite activities like: walking, playing golf, tennis and many more. The treatment is called viscosupplementation. *But wait.* This is NOT the typical viscosupplementation. So if you are one of the many knee arthritis sufferers who already had viscosupplementation and did not get great results - what you are about to discover should be very important. to you in particular. It might even get you out of pain.

Here is why: During viscosupplementation, a special lubricating gel is put directly into your arthritic knee joint. This not only helps the knee joint to glide more smoothly, it acts as a cushion, protects the joint. and relieves a lot of pain. This is often referred to as "joint oil." In many cases, when done properly, this can dramatically lessen knee pain for up to 6 months and much longer in many cases.

And even better - if this treatment works for you the first time - it can be safely repeated when necessary and the results are often better for some.

Like Threading A Needle?

The key to this treatment being successful is actually getting the special lubricating gel directly into the joint where it can go to work. That's why the doctors at ***NYC Pain MD*** use very advanced digital imaging that allows them to see directly into the joint and make sure the lubricating gel "hits the spot" and the treatment has the best odds for success. Studies show that doctors doing these types of procedures without this special imaging actually miss the joint space up to one third of the time!



"I've had trouble with my knee walking. I'm a golfer and want to play golf but I couldn't. I made the call and went and it's the best thing I ever did. It's just – now I can play golf, I can walk, I can climb stairs, I can do things I did many years ago".

"It's the smartest thing ever did" "Since I've been going for the treatment for my knees I don't' take any pills, I take not over the counter medication.."

"This a good alternative to surgery." "I am so glad I went. I'm so confident I feel so good about it and I recommend It to everybody." William La Spina . Golf Enthusiast

(While ***NYC Pain MD*** cannot say all patients will respond like this we can say they are possible. Every patient is individual and results will vary. patient to patient.)

Why Treatment Can Fail

This is why viscosupplmentation can fail for some people. It is also why many knee arthritis sufferers come to ***NYC Pain MD*** after failed treatments elsewhere... and are finally able to get relief. It is not uncommon for patients to travel hours for the advanced treatments given at ***NYC Pain MD***.

Patients Should Be Assured About Prescsion Treatments

ONE BIG MISTAKE we have heard about is to use digital imaging or ultra-sound to mark the knee and then shut off the imagining and then not use it during the treatment procedure.!!! **This means the doctor did not actually see if the lubricating gel went exactly where it was intended.** The only way to know for sure if the procedure was as accurate as possible - and the lubricating gel went precisely into the joint space - is to use the digital imaging **during the entire procedure.** *You can actually see the lubricating gel as it goes where it in needed.* **If you did not actually see it on the digital imaging screen - you do not know for sure if you actually got the proper treatment.**

If you are going to have this treatment, make sure you ask your doctor if special digital imagining is used THROUGHOUT THE ENTIRE PROCEDURE. Not just in the beginning. If you have already had this procedure without this advanced imaging... Or if it was only used in the beginning... There is a good chance you did not get the results you could and should have.

"Clearly, technology is only as good as the doctors using it ... and clearly experience matters"

That's why, if you need heart surgery, you go to a heart surgeon... Not a general practitioner. At ***NYC Pain MD*** you will be seen by doctors who are specially trained in this procedure... Do it every day... and see thousands of patients every year. The latest technology combined with experienced and skilled doctors gets the best results possible.

Who Is This Treatment For?

This treatment is not for everyone. But it is for a lot of people who suffer with knee arthritis. Especially if you would like to avoid total knee replacement surgery and possible lessen or eliminate your pain. This treatment

reatments Their Parents Could Only Dream About

void Knee Replacement Surgery and Stay Active Into Their 50's, 60's, 70s and even 80s

may help you if you have knee pain due to arthritis. It may also help you if you do not have dramatic visible signs of arthritis on x-ray. Studies show that arthritis is present long before it can be seen on x-ray. In fact, the sooner you start this treatment the better. So, if you have knee pain - seeing one of the specially trained medical doctors at ***NYC Pain MD*** could be the answer you are looking for. **<u>This is important</u> - this is especially for you if you have had viscosupplmentation in the past without good results.**

Many patients who did not have good results elsewhere are often able get very favorable results because of the advanced technology and procdure experience at ***NYC Pain MD***. In fact, ome patients have decided to cancel knee surgery and others go back to the active life-style they had before it was stolen by all the pain.

How To Find Out If The Experts At *NYC Pain MD* Can Help You

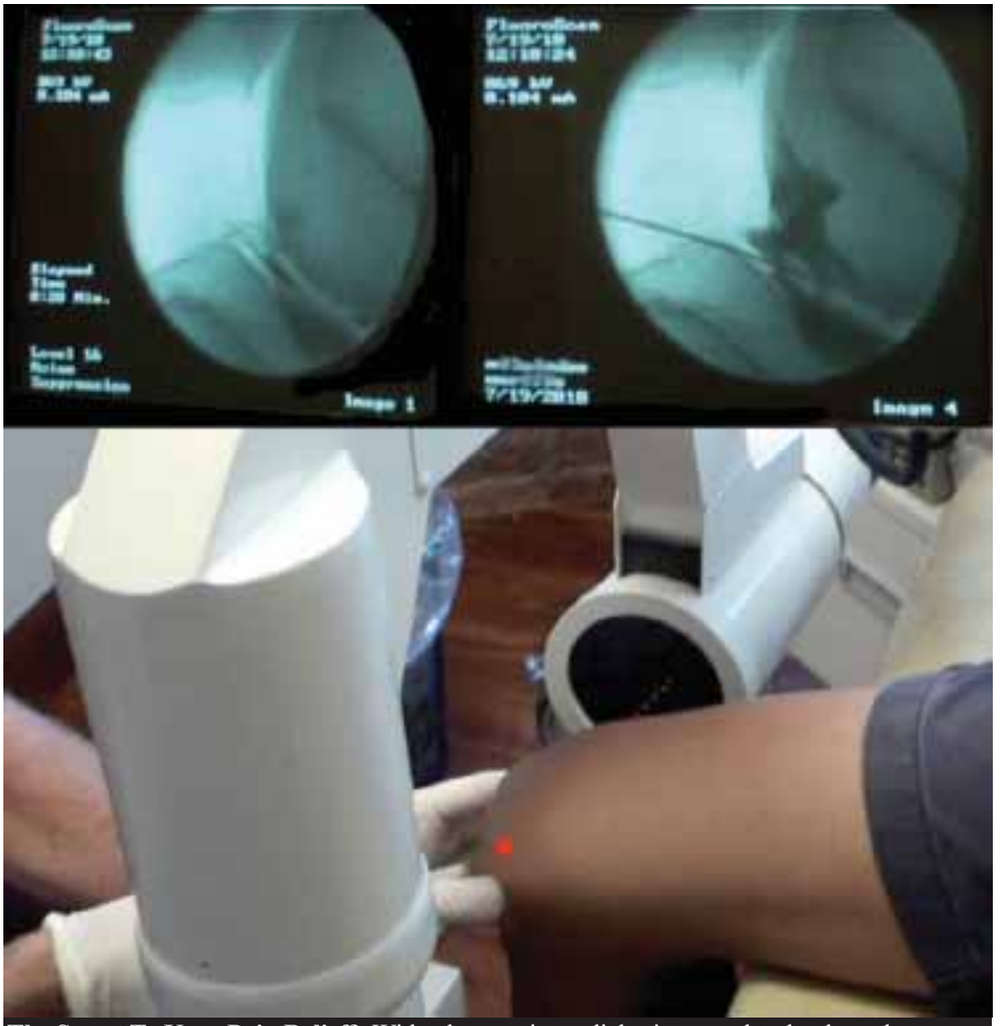
If you have knee arthritis pain and would like to see if this treatment might help you - the experts at ***NYC Pain MD*** offer a complimentary screening appointment.

This screening will help determine if you are a candidate for treatment and also gives you a chance to get your questions answered.

If you are a candidate, you will leave knowing that you found the possible way to lessen or even eliminate your knee pain for 6 months or more.

There is no obligation and if you are not a candidate - the doctor will help you find the best doctors and treatments for your individual case.

To set up a complimentary screening , just call 800-741-5340. But if you want a screening, we recommend calling right now. Due to time limitations, the center can only offer a limited number of screening per month. They decided to limit the number because they believe in giving every patents the individual time they deserve. If you have ever been to a doctors office and been rushed or treated like a number - ***NYC Pain MD*** is different. We would consider this like a "throwback" to the old days of medicine. Before the days when HMO's and insurance companies (and now Obamacare) turned medicine into a business only and made it so difficult to care for patients the best way possible. If you are looking for a state-of-the-art medical clinic with "old school" ethics and values and treats patients like the good 'ole days... then ***NYC Pain MD*** may be just what you've been looking for. Just call 800-741-5340 and secure your no obligation screening before someone else gets your spot. The risk is nothing. The potential is getting your pain-free life back.



The Secret To Knee Pain Relief? With advances in medial science and technology the doctors at ***NYC Pain MD*** have been able to help thousands relieve their pain and get their active lifestyle back.

How To Get A No-Cost Screening & Find Out If This Knee Arthritis Treatment Is For You

The popularity of this treatment is startling. ***NYC Pain MD*** receives hundreds of patients calls weekly… patients looking for options other than surgery that really work. But because this is a real medical treatment - it is not for everyone. That's why the experts have setup an easy screening visit.. This screening will help determine if you are a candidate for additional examination and treatment. This screening is offered at no cost to the patient. All your questions answered and you will find out if this treatment is or you . Zero risk or obligation. Just call **800-741-5340.** Tell them, "I would like the knee screening." They will take care of everything. Due to demand, spots are limited - call immediately to avoid unnecessary waiting. The number to call is: 800-741-5340

The secret to success: T*echnology with Caring Doctors:* *NYC Pain MD combines cutting edge technology with highly trained professional and caring staff to help knee arthritis sufferers.*

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Women share 'Pillowtalk' as post-MeToo re-empowerment

In the wake of sexual-misconduct allegations against men in powerful positions, one sex-toy company wants to put control back in female hands.

KIMBERLY M. AQUILINA
@KimESTAqui
kimberly.aquilina@metro.us

Sex is fun. It should be fun. But it seems everywhere we turn, we're met with more stories of people who have been sexually harassed or assaulted by men in power. Stories of the vulnerable and victimized shared with the hashtags #MeToo or #MeAt14 have overtaken social media. But one sex-toy company wants to put power back in the hands of those who deserve it.

Emotional and physical intimacy open us up to judgment by others or even by ourselves, but let's love ourselves, care for one another, take charge of our bodies and with whom we share them. Enter Dame Products' "Pillowtalk" campaign.

"The Pillowtalk Project was inspired by realizing that the only way we can develop quality toys for sex is to truly listen to peoples' emotional and physiological needs," Dame CEO Alex Fine told us.

Pillow talk is chit-chat you make with a special someone after intimacy. Whether you are holding each other and whispering sweet nothings or sharing the highlights of your day, it's "a wonderful example of a time at which humans feel particularly comfortable being vulnerable and sharing more personal details that can ultimately lead to some pretty substantial growth — both personally and as couples," Fine added.

Dame is inviting people to check out its interactive platform on Thursday and share their favorite pillow-talk moment. The campaign launches at 9 a.m. in conjunction with Dame's new product, Eva II.

"We want to create a safe space for individuals to share intimate narratives," Fine said. "To help us all learn from each other's experience, to help us be better partners, better lovers and ultimately happier humans."

Before asking you to show yours, we thought it only fair that Fine and Dame Chief Technology Officer Janet Lieberman show you theirs!

So, ladies, what's your favorite thing that has been said to you in an intimate moment?

Fine: I think of myself as an extrovert, but I'd prefer to keep my most powerful stories as anonymous posts on the platform. That said, one that I feel comfortable sharing in a public forum is something that my partner said to me after sex once. He said, "You smell real." We had worked up a bit of a sweat during sex, and I smelled "real," and he was into it. It was an empowering moment for me. I felt loved.

Lieberman: In college, I'd agreed to take part in a charity calendar. I was feeling a little nervous — I liked my body, but I've always been curvy, which comes with stretch marks and cellulite. The night before my shoot, the guy I'd just started seeing said, "You should thank God every day for your breasts." It was completely unprompted and so random and over the top, I had to laugh. But he insisted he was completely serious. I went into the next day's shoot feeling completely confident that there was nothing on me to be ashamed of.

"These pillow talk moments are moments where we cultivate our compassion for one another — which is something we really need now more than ever," Fine continued. "I believe we need to take a light and shine it on things that happen in the dark … show what positive intimacy looks like."

Dame Products founders Alex Fine (left) and Janet Lieberman (right) want to make the world a happier place. PROVIDED BY DAME

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Most Popular U.S. Actor in China, 2017 OPEN ROAD FILMS

Why aren't African-American actors more popular overseas?

Chadwick Boseman speaks out upon winning an award in China.

GREGORY WAKEMAN
@MetroNewYork
gregory.wakeman@metro.us

You know him from "Black Panther," "Draft Day," "Captain America: Civil War" and "Marshall" (in which he played the title role of Thurgood Marshall), but audiences abroad are also appreciating the genius of Chadwick Boseman. He recently picked up the Most Popular U.S. Actor in China award at the 13th Annual Chinese American Film Festival, and during his acceptance speech he pointed out that African-American actors are conditioned to only receiving success domestically.

"I'd like to give honor to God, my ancestors, my parents — who I come from," said Boseman. "Thank you to the Chinese American Film Festival for this award, which I am very surprised by. As African-American actors, we are told that our popularity and our movies don't travel overseas. So I cherish this award immensely."

Boseman's success debunks the Hollywood myth, especially considering recent big-screen juggernauts likes "Straight Outta Compton," "Hidden Figures" and "Moonlight." The fact they achieved so much at international box offices without big-name actors, while also distinctively reflecting African-American lives, highlights that poor marketing has been to blame, and that top-notch storytelling always wins.

GETTY IMAGES

As recently as March 2017, the Los Angeles Times explained that actors like Samuel L. Jackson, Morgan Freeman, Will Smith and Denzel Washington had "transcended race" when their movies topped the charts in foreign markets. Thankfully, that's no longer the case.

The fact that Chadwick Boseman joins past winners Gal Gadot (2016's Most Popular U.S. Actress — despite being Israeli), Tyrese Gibson (2016's Most Popular U.S. Actor) and Michelle Rodriguez (2015's Most Popular U.S. Actress) in collecting this accolade emphatically underlines that actors of color are appreciated just as much (if not more) by audiences abroad as they are at home.

Spacey's out. Plummer's in ... "All the Money in the World." The magic of editing! GETTY IMAGES

Christopher Plummer on replacing Kevin Spacey ... in just two weeks

The 87-year-old reshoots "All the Money in the World" scenes faster than you pay your cable bill.

GREGORY WAKEMAN
@MetroNewYork
gregory.wakeman@metro.us

Academy Award winner Christopher Plummer is keen to promote his latest film, "The Man Who Invented Christmas," which tells the origin story of "A Christmas Carol" (in cinemas this Thanksgiving), but has been dogged with questions about his impromptu performance in "All the Money in the World."

Kevin Spacey originally played J. Paul Getty, the richest man in the world, in the December release, but as we all know now he's persona non grata on screens big and small. As such, Plummer stepped in and took over, and you'll see him rather than Spacey appearing alongside Mark Wahlberg and Michelle Williams in the big- budget ransom thriller.

"It's going to be tough, but exciting," says Plummer. "But worth giving it a go. I don't have a day off. I can't remember how many scenes I have at the moment. It seems endless. About nine to 10."

Plummer's Scrooge. BLEECKER STREET MEDIA

Not only will Plummer be performing as understudy in London and Rome this month, Williams and Wahlberg have to reshoot as well. "Yes, they stayed to do it all over again, which is remarkable," Plummer shares. "I don't know Mark or Michelle, but I'll meet them on the set!"

Plummer doesn't sound too concerned about the tight time frame and turn around, though, insisting, "I'm used to big roles and lots of words. I'm just trying to be as good as I can be in the part. It fascinates me because it's very clear and very well written."

Plummer hasn't spoken to Spacey about taking the part, though he does say the situation is "sad."

"I think it was very sad what happened to him," Plummer says. "Kevin is such a talented, terrifically gifted actor, it was just so sad, and it's such a shame. And that's all I can say."

We'll get to see what Plummer can do with the part when "All The Money In The World" is released next month, while "The Man Who Invented Christmas" will start to sprinkle festive joy in time for Turkey Day.

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"Any music can be protest music." - Talib Kweli.
GIRLIE ACTION MEDIA

60 seconds with Talib Kweli

The legendary rapper is throwing a release party at the Brooklyn Bowl Tonight.

PAT KING
@MetroNewYork
patrick.king@metro.us

Brooklyn's own Talib Kweli is a hip-hop legend; with a career spanning 20 years, he's remained an insanely prolific artist and influencer. Jay-Z paid his respects when he famously rapped, "If skills sold, truth be told, I'd probably be lyrically Talib Kweli" on "The Black Album." Kweli's newest record, "Radio Silence," will be released Friday and in celebration, he played a weekend of shows in town with a full band at The Blue Note. The launch extravaganza happens tonight at Brooklyn Bowl. We had one minute to pick his talented brain.

How were the live shows at the Blue Note? Do you prefer playing with a band or with a traditional MC/DJ setup?
It's one of the premier clubs in the world, has been for years, and I love playing with my band there. This show was cool because I got to do older songs. Each show requires a different thought process. Spreading my wings with the live band is ultimately where I'm always heading, but the foundation of hip-hop is the DJ. The band show makes it more unpredictable and improvisational, but with a great DJ you can have a sonic and stage dynamic a band can't achieve.

Your new album, "Radio Silence," is out on Friday. It's your third solo album on your own label, Javotti. What was recording the album like, and how was has it been being in total control of your output?
I've been recording "Radio Silence" for about two years, putting it down, picking it back up, it's been a dope experience. It's allowed me to work with many new musicians and to collaborate with rappers you may not expect me to. Total control is the goal. It's always been. It's a wonderful thing.

It's been a pretty prolific year for you — this is your second release in 2017.
Every year is prolific for me. In 2016, I dropped "Awful People Are Great at Parties." In 2015, I dropped both "INDIE 500" and "F–k The Money." In 2013, I dropped "Gravitas" and "Prisoner of Conscious." This is all while running a label, doing activist work and touring extensively. My level of output comes from within — it's not dictated by trends or politics. Trump isn't even mentioned on "Radio Silence."

In an interview you gave on "The Colbert Report" years ago, you described hip-hop as being "more folk than folk." I can't agree with that enough. Given the political climate, do you think hip-hop is America's truest form of protest music?
Any music can be protest music. I will say, as the music that's most closely associated with the most marginalized people in America, hip-hop often responds to social issues. Also, people — unfairly, at times — look at rappers as the voice of the black community. That's something we should change — rappers will not save you.

Your release party is tonight, and you're billed as DJ. Who else can fans look forward to seeing?
I'll DJ a little, but also play with my band, the Whiskey Boys. We'll be playing and the whole Javotti Media squad, NIKO IS, K'Valentine — they'll also be in the house.

Any plans to record with Yasiin Bey as Black Star ever again?
Who knows? Maybe.

Fingers crossed! The release party for Radio Silence will take place tonight at Brooklyn Bowl. Doors are at 11 p.m. with festivities starting at 11:30 pm. Tickets are $10. Don't miss out!

Brooklyn Bowl is at 61 Wythe Ave. in Williamsburg.

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ART

"Diabolique"

It's a night of flashy, theatrical and, of course, erotic dance as former "Voice" contestant Amber Nicole hosts a burlesque soiree at Green Room 42 — a recent addition to the Midtown scene, hosting cabaret acts and events that skew toward Broadway themes. There are no table minimums; VIPs get preferred seating and a poster.
Nov. 16 & 30, 9:30 p.m., 570 10th Ave., fourth floor, $39-$75, thegreenroom42.com

"Street Smarts"

Lifelong New Yorkers will confirm it: There are always new ways to look at this city. You can get a new perspective this month at the SVA Chelsea Gallery, where 19 artists display multimedia pieces including murals, drawings, paintings and sculptures.
Nov. 18-Dec. 20, 601 W. 15th St., 15th floor, free, sva.edu

CAREER

WeWork Creator Awards

The Creator Awards are a blend of a live-pitch competition for entrepreneurs (think "Shark Tank"), an open market for shoppers (think "crap, Christmas is in five weeks"), masterclasses on business leadership and, of course, the namesake awards ceremony. It's all about encouraging visionaries, and it's all free to attend. An after-party features Sky Ferreira at 10.
Nov. 16, 5 p.m., Skylight Clarkson Sq., 550 Washington St., Free, creatorawards.wework.com

PARTY

Light + Space

Inspired by the iconic nights of Studio 54 and held at Bushwick's own iconic House of Yes, Ariana and the Rose presents Light + Space, an immersive party that blends '80s club culture with the '90s rave scene. It offers five hours of theatrical performances with live music, DJ sets, mystics, body painting, a photo booth and "one-on-one character encounters." Guests are invited to dress "celestially," and "glitter is a must."
Nov. 16, 9 p.m., House of Yes, 2 Wyckoff Ave., Brooklyn, $15-$20, lightandspaceexperience.com

FANS

Anime NYC

A convention devoted exclusively to anime (and manga) is debuting at the Javits Center. Anime NYC is a three-day celebration of the comics, film, fashion, gaming and even snacks of Japan. There's a "Sailor Moon" panel, the premiere of the live-action "Fullmetal Alchemist" movie, a ramen summit and musical guests from Tokyo.
Nov. 17-19, Javits Center, 655 W. 34th St., $35-$275, animenyc.com

CULTURE

DRUNK: A Night of Art, Drinking and Torah

Whoever thought: "Sure, learning about Jewish heritage is awesome, but it would be even more fun if you were hammered" should be given a raise immediately. LABA, a Jewish art and culture nonprofit, hosts its 10th annual Drunk night to explore the teachings of the Torah by pairing classic texts with modern art such as video installations and choreographed singing, all paired by a sommelier with glasses of wine. Yes, there are also noshes.
Nov. 18, 7:30 p.m., The Theater at the 14th St. Y, 344 E. 14th St., $25-$30, 14streety.org/drunk

MUSIC

Sofar Sound

Be still, hipster hearts: Sofar Sound, a club for adventuring art lovers, is holding a series of pop-up concerts at a secret spot. Past performers have included Ed Sheeran and Bastille. Pick a night and neighborhood; if you gain access, you get the details. Tickets are typically $15, drinks are usually BYOB. Nov. 15 is Showtunes; Nov. 16 is Date Night; Nov. 19 is Friendsgiving.
Nov. 15-19, Locations TBA, $15, sofarsounds.com

CHEYENNE COHEN

COMEDY

MATTHEW MURPHY

"Latin History for Morons"

John Leguizamo is back on Broadway with his sixth one-man comedy show, "Latin History for Morons," which opened Wednesday. After trying to help his son with a homework assignment, Leguizamo realizes how little Americans are taught about Latin heritage and ponders the lasting effect of historical erasure. He pieces together a narrative of the most important Latin heros of the past 3,000 years, from the massacre of the Aztecs to the triumph of Sonia Sotomayor.
Through Feb. 4, 2018, Studio 54, 254 W. 54th St., $55-$139, latinhistorybroadway.com

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It's time for turkey

No mess, no stress — why wouldn't you go out for Thanksgiving? Here are the reservations to score. **EVA KIS**

EVA KIS
@thisiskis
eva.kis@metro.us

Have a wood-fired Thanksgiving

A traditional Thanksgiving feast gets a twist from Brooklyn's pizza maestros at **Fornino**, who'll be pulling everything out of their wood-burning oven from your roasted turkey, butternut squash soup and Brussels sprouts with pancetta. If they could've found a way to roast the bourbon sweet potatoes and stuffing made with sausage, apple, pizza crust and herbs, they would've. *A la carte, noon-11 p.m., 291 Kent Ave., Williamsburg, 718-384-6004*

A budget-friendly upscale meal

Daniel Boulud's **db Bistro Moderne** is celebrating its 17th anniversary this year, and Thanksgiving is set to be a classic and affordable affair — so, business as usual. The three-course prix fix menu includes options like Nantucket Bay scallops with caviar, pumpkin risotto, Amish turkey, roast beef in truffle jus, apple confit and maple pecan tarte. *$75/adults, $35/kids, noon-9 p.m., 55 W. 44th St., Suite 1, 212-391-2400*

Around the world in one meal

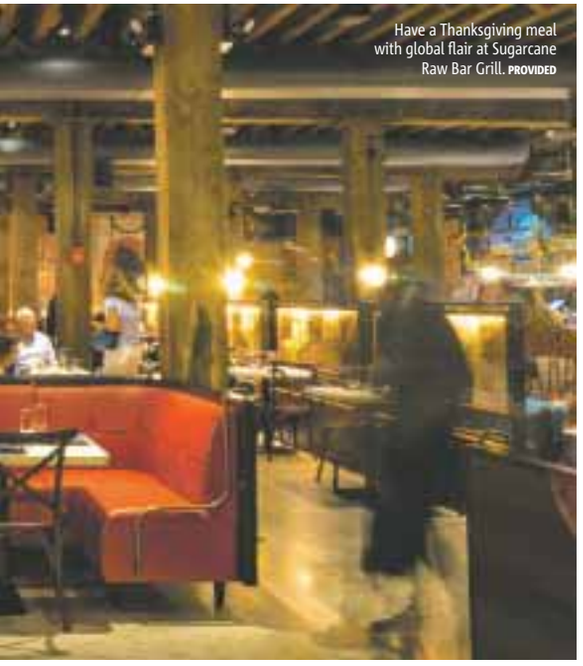
DUMBO newcomer **Sugarcane Raw Bar Grill** is making room for a little flair courtesy of all the cuisines of the world. The globally-inspired menu by chef Timon Balloo includes slow-cooked Red Bourbon turkey with Linquiça bread pudding, pumpkin bisque, foie gras brulee with caramelized stone fruit and cheesecake semifreddo with warm maple butter and spiced pepitas. *A la carte, 11:30 a.m.-11 p.m., 55 Water St., Brooklyn, 718-473-9555*

Give thanks for the season's full bounty

Sure, there's heritage turkey with chestnut stuffing, but Greenpoint's **Sauvage** wants you to experience everything else the land has to offer. The three-course prix-fixe menu includes options like cauliflower soup with peekytoe crab, acorn squash ravioli with shiitake mushrooms, chicory salad with bacon, apples, walnuts and Roquefort in a cider dressing and beef shortrib with sweet potato purée. Pro tip: Order wine — this restaurant is the natural wine-centric sequel to cocktail haven *Maison Premiere. $65/person, 1-10 p.m., 905 Lorimer St., Brooklyn, 718-486-6816*

From the Hudson Valley to you

For a locavore Thanksgiving, head to **Geoffrey Zakarian's The Lambs Club** for its A Hudson Valley Thanksgiving Day Menu in partnership with Prospect Hill Orchards and Migliorelli Farms. The prix fix menu has a choice of appetizer, entrée, family-style sides and desserts like gnocchetti



Have a Thanksgiving meal with global flair at Sugarcane Raw Bar Grill. PROVIDED

Chicory salad at Sauvage PROVIDED

with sweet potato confit, Amish turkey with confit leg and honey-poached cranberry, crispy Brussels sprouts with caramelized apple butter and pumpkin cannolis. Each guest also gets a treat to take home. *$125/adults, $75/kid, 11 a.m.-8:45 p.m., 132 W. 44th St., Midtown West, 212-997-5262*

A rare delicacy

Just south of Union Square, you'll find something not commonly seen outside of the South: fried turkey, brined in beer. Beyond the regional delicacy, the three-course All-Day Thanksgiving at **Bowery Road** by former Locanda Verde chef de cuisine Ron Rosselli includes options like burrata with mission figs, pumpkin soup, slow-roasted brisket with horseradish gremolata, and a choice of pies for dessert. *$55/person, noon-9 p.m., 132 Fourth Ave., Union Square, 212-432-1324*

Thanksgiving, upgraded

Chef Scott Campbell (Windows on the World, Union Square Cafe) is coming out of the gate hot with a Thanksgiving feast to remember at his new solo project Butcher & Banker — and at a ridiculously affordable price. Start with lobster bisque or bacon-wrapped scallops with sriracha pumpkin, then move on to 48-hour brined turkey with chestnut stuffing or a queen's cut filet mignon, then finish with cheesecake with cranberry compote or a slice of pumpkin pie with bourbon vanilla whipped cream. *$54/person, noon-8 p.m., 481 Eighth Ave., Vault Level, 212-268-8455*

Make it Italian

Chef Laurent Tourondel's **L'Amico** has created a decidedly Italian take on Thanksgiving with a prix fixe menu of crispy Parmesan sformato, roasted heritage turkey with cranberry-orange mostarda with pork sausage and chestnut stuffing in oreganata gravy, and pumpkin pie with hazelnut crunch and Amaretto whipped cream. Bonus: You can easily wander over after the Macy's Thanksgiving Day Parade instead of trying to get on a train. *$72/person, $36 wine pairings, 11:30 a.m.-9 p.m., 849 Sixth Ave., Chelsea, 212-201-4065*

Parents-are-paying Thanksgiving

If someone else is picking up the tab for Thanksgiving, then you'll find much to enjoy about the three-course prix fixe at **The NoMad**, like foie gras torchon with smoked apples, tagliatelle with white truffles, bone marrow-crusted beef, classic roast turkey, five family-style sides for the table, plus a choice of cakes or tarts. And since you're already at The NoMad, how about a round of pre-meal cocktails at the certified best bar in the city? *$155/adult, $65/kids, noon-9 p.m., 1170 Broadway, 347-472-5660*

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For nearly 60 years Central Florida has been the go-to destination for speed freaks and geeks the world over, and for very good reason.

Home to the Daytona International Speedway, the worlds of NASCAR and motorcycle racing revolve around (and around, and around) this particular track.

Or tracks, rather — there's both a 2.5-mile stretch for NASCAR and a 3.56-mile course for sports cars and motorcycles, known for their 31-degree terrifying turns.

Known to who? Just about everyone. The Daytona 500, the most prestigious race in American automotive sporting, consistently sells out every single one of the 101,500 stadium seats (not counting fans who camp infield), but the track is used for events year-round.

What's going on at the Speedway when a big race isn't being beamed into your favorite bar or onto your screens at home? We took a look around to find out why it's worth an in-person visit even when the season is set to "park."

Motorsports Hall of Fame

Previously located in Michigan, the Motorsports Hall of Fame did the long-distance drive to Daytona and is now located at the Speedway. Check out their exhibits on stock cars, sports cars, open-wheel, motorcycles and more, and take selfies next to the bronze busts of your favorite drivers (currently there are 230 in the Hall of Fame).

Speedway VIPs

Ride-or-die fans will flip for the VIP Speedway tour ($52 per adult), which brings you behind the scenes of the world's only motorsports stadium.

Over the course of three hours you're able to inspect the place with the precision of a pit boss and be afforded unprecedented access (and views — save space on your phone for photos from the Houston Lawing Press Box). Your guide will introduce you to some of the sport's most important artifacts, and no doubt share a few inside baseball stories from the lot. Casual fans can top up the tank with an abridged 90-minute tour ($25 per adult), which takes in many of the Speedway's highlights and still affords the awesome views that will light up your Instagram likes.

For more info, check out daytonainternationalspeedway.com.

Where to shop, sip and stay

At the end of this year the highly anticipated ONE DAYTONA will be cutting all sorts of ribbons as it opens doors to boutique hotels, shopping, entertainment options and more … just across the street from the Speedway. Think of it as your official pit when off course.

When it comes time to book accommodation at ONE DAYTONA, there's "The Daytona" (opening in early 2018) which promises 145 upscale rooms designed "with motorsports in mind," 105 rooms at the Fairfield Inn & Suites by Marriott, and even condos if you decide you can't bear to live more than a mile from the heady exhaust fumes of the track. *For more information, cruise control into onedaytona.com*

Getting there

It's surprisingly easy to get to Daytona Beach International Airport from the Northeast: New Yorkers have access to direct flights, and just one connection separates Boston and Philadelphia from the hallowed asphalt. If you're adding a visit to Orlando to your itinerary, direct flights await from virtually anywhere. 0 to 575mph in no time.

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Strange but *real* holidays

These celebrations around the world have some pretty interesting rituals.

Fodor's Travel

The Battle of the Oranges is not for the faint of heart. GETTY IMAGES

Up Helly Aa

Up Helly Aa marks the end of the yule season in Shetland, Scotland, and is celebrated with a ton of fire festivals that honestly make it seem like you are in literal hell. An honorary Guizer Jarl is elected as the festival's leader, and he leads his Jarl Squad of supporters around, as along with many other additional squads (guizers). The festival involves a lot of marching with torches which are eventually used to set a gigantic replica Viking ship ablaze.

Night of the Radishes

An annual radish-carving festival is held in Oaxaca, Mexico on Dec. 23, when everyone carves a bunch of radishes into little radish people to create scenes reenacting the birth of Jesus. This began as a way that farmers just tried to get people to buy their produce at farmers markets because they'd be more eye-catching to customers, who'd be like, "Oh my, that vegetable looks just like Jesus, I should buy that one and not a regular radish," but now it's just a big event where money is awarded to whoever can carve the best biblical radish people.

Bean Throwing Day

Bean Throwing Day is a holiday in Japan where everybody throws beans everywhere in their houses and temples to scare away evil spirits on the first day of spring. Beans are, apparently, frightening to ghosts. Now you know.

Melon Day

Melon Day is celebrated in Turkmenistan on Aug. 12 and honors Turkmenbashi melons. There are a bunch of melon-themed festivities, because apparently the best melons in the world come from Turkmenistan and everyone loves melons there.

The Battle of the Oranges

This Italian holiday takes place at a carnival where a bunch of people dress in peculiar outfits and throw oranges at each other — presumably because Spain already claimed tomatoes. So, the answer, of course, is to stuff oranges down their shirts (seriously), then throw them at each other (possibly injuring everyone involved), as well as, of course, wasting the heck out of a ton of oranges. It honors an event that happened in Iverea is 1194, when villagers got real mad at a villainous Italian Count and threw rocks at him.

Silent Day

Indonesia's Nyepi Day (Silent Day) happens around mid-March in Bali to celebrate the new year. Everybody has to stay completely quiet all day — you are not allowed to speak for any reason. Also, you're not allowed to eat or work or do much of anything at all, really. You're just supposed to sit around and do a 12-hour self-reflection. And don't even think about cheating — they've got guards patrolling the streets! Happy New Year and please shut up, thanks.

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What does the Mets pursuit of Santana mean for Dom Smith?

Even though he has only spent six weeks in Major League Baseball, New York Mets first baseman Dominic Smith's place on the big club is being threatened by free agent Carlos Santana, formerly of the Cleveland Indians. GETTY IMAGES

New York's sudden desire to bring in a first baseman sends a clear message.

JOE PANTORNO
@JoePantorno
joseph.pantorno@metro.us

Over the past few years, the overwhelming consensus among the New York Mets and their fans was that shortstop Amed Rosario and first baseman Dominic Smith — the club's top-two rated prospects — were going to create a young cornerstone for the team to build off of in the future.

Not even eight weeks into their professional careers though, it looks like that partnership is already in jeopardy.

On Tuesday, Jon Heyman of FanRag Sports reported that New York is interested in signing free-agent first baseman Carlos Santana, a 31-year-old power-hitting switch hitter that spent the first eight years of his MLB career with the Cleveland Indians, new Mets manager Mickey Calloway's former team.

Santana has averaged 25 home runs, 85 RBI and a .365 on-base percentage per 162 games, but it's still puzzling at first glance to see the Mets interested considering Smith was supposed to have the first base bag on lockdown for at least the next decade seeing as he is only 22 years old.

But the Mets' interest in Santana makes it clear that they are not overly impressed with Smith. In his six weeks in the majors after being called up for his debut in August, he batted just .198 with a .262 on-base percentage with nine home runs and 26 RBI while striking out 49 times in 167 at-bats.

While Santana is nine years Smith's elder, there's no denying that his bat would provide a solid boost to the Mets lineup. New York's .320 team on-base percentage was below the league average with just Michael Conforto and Asdrubal Cabrera sporting marks above .350.

Should the Mets acquire Santana, it could mean either Smith is stashed in triple-A or he is floated out on the trade market. Though this all seems a bit too premature to simply cast Smith off and make way for an older player that is on the backend of his career.

If Santana signs elsewhere — and there is plenty of interest around the league — spring training becomes a monumental audition for Smith as he will try to prove to management that he can meet the hype that was built around him as he moved through the minors.

At the moment, the Mets have not been linked to any other available first baseman. So Santana might be their only target.

But Smith also has to show that he can hit left-handed pitching. In 31 at-bats, he batted .129 with 13 strikeouts, which leaves the possibility of him platooning with Wilmer Flores, who eats lefties up.

Mets considering going in on Otani

New York Mets general manager Sandy Alderson was not going to deny his team's interest in Japanese talent Shohei Otani.

However, it remains to be seen just how serious they are in their search of the two-way star.

"I don't know that anybody can rule themselves out of the Otani sweepstakes at this point," Alderson said, via Anthony DiComo of MLB.com. "To sit here today and say, 'No, we're not interested' is foolish."

Otani is known as the Babe Ruth of Japan thanks to his abilities on the pitcher's mound as well as the batter's box.

In 65 games last season, Otani batted .332 with eight home runs and 31 RBI.

On the mound, he was 3-2 with a 3.20 ERA. It was a bit of a down season on the hill compared to a 2016 campaign that saw him go 10-4 with a 1.86 ERA.

At just 23 years old, Otani is not even near his prime yet, which makes him such an attractive target for teams around the majors.

But it will come at a hefty price even if his MLB salary is stifled by the league's CBA.

The team that wins the Otani sweepstakes will have to pay the Nippon Hokkaido-Ham Fighters $20 million just to negotiate a deal.

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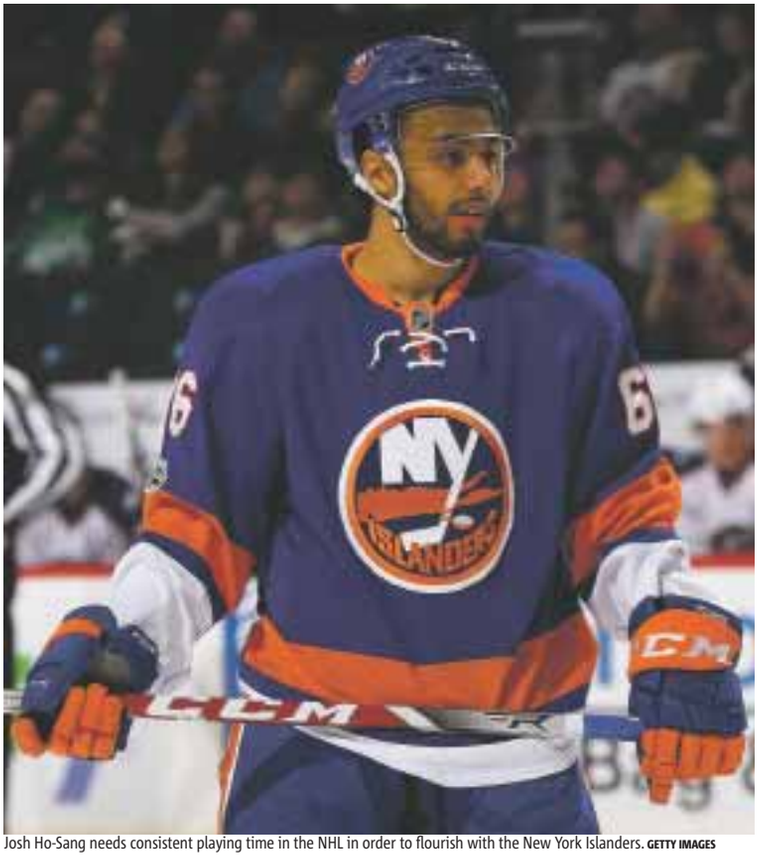

Josh Ho-Sang needs consistent playing time in the NHL in order to flourish with the New York Islanders. GETTY IMAGES

HO-SANG NEEDS TO STAY UP AND PLAY

OPINION

JOE PANTORNO
@JoePantorno

New York Islanders winger Josh Ho-Sang is one of the more promising young players in the NHL. At 21 years old, he has shown flashes of brilliance as an elite stick handler and the promise of becoming a solid scorer.

But immaturity both on and off the ice has stifled his growth in the league. Playing in just six games at the start of the 2017-18 season, Ho-Sang was sent down the AHL in late October after being benched for taking extended shifts and meandering out of position.

Regardless, he formed an immediate relationship with Brock Nelson on the Islanders' third line, recording four assists in those six games.

What looks like a season-ending upper-body injury to Nikolay Kulemin and a knock that had Anthony Beauvillier on a day-to-day status opened up an opportunity for the Islanders to recall Ho-Sang from Bridgeport.

He took full advantage of his return, scoring a goal during Saturday's 5-2 win over the St. Louis Blues. He helped create the play with a dynamic zone entry before dumping the puck deep in the zone and making his way to the front of the net to receive a pass from Alan Quine and slot a wrister under Jake Allen.

It was just another reminder of what the Islanders have; a talent they need to stop sending down to the minors.

Without a doubt, Ho-Sang had and will have growing pains in the league whether it's a turnover or not backchecking or staying on the ice too long. But these are issues that will seem minor if he meets his offensive potential.

In order to meet that potential, he needs consistent time with the Islanders. The problem is, Ho-Sang was called up on an emergency basis, meaning he would have to report back to Bridgeport if Beauvillier is good to go. New York can lift the emergency tag off him at any time and make him just a regular recall, which is something they should consider.

Five points in seven games with a plus-one rating is a much better output than some that are receiving regular playing time. Beauvillier has four points in 13 games and has a minus-eight rating while Jason Chimera has just two assists and a minus-three rating in 17 games.

In a competitive and rapidly improving Metropolitan Division, the Islanders need to roll out as much offensive talent as they possibly can in order to support an inconsistent defense and goaltending combination.

Ho-Sang would be a step in the right direction.

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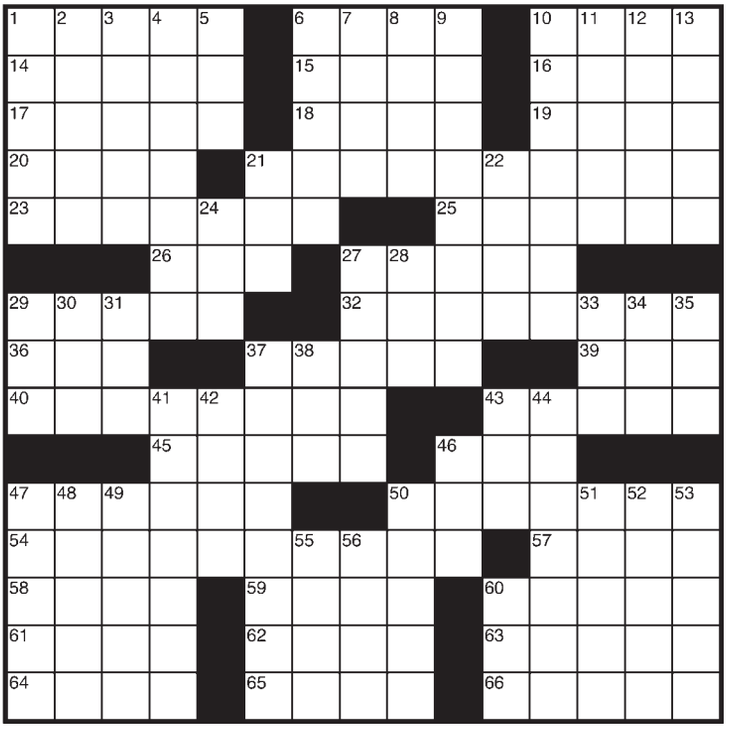
Across

1 Trounces
6 October's stone
10 Pet name
14 Wild West show
15 Wan
16 Shaft
17 Spouse's brother (hyph.)
18 Keyboarding error
19 Disguise
20 Sock tips
21 Used incorrect letters
23 Unpredictable
25 Non-earthlings
26 Put the kibosh on
27 Open-air lobbies
29 Mount the soapbox
32 Trophy stand
36 Move jauntily
37 June honorees
39 By way of
40 Kind of design
43 Spill hot coffee on
45 Metal fastener
46 Big snake
47 Seven-veil dancer
50 From Maine
54 Lustrous in appearance
57 Quartet minus one
58 Ms. Morrison
59 Bireme movers
60 Difficult situations
61 Service ender
62 Herr's wife
63 Light brown
64 Pushed the doorbell
65 Wine and dine
66 Belief

Down

1 Jot down
2 Hold in high regard
3 Goof-off
4 Serf
5 Piglet's mother
6 Eye nerve
7 Picks up the check
8 Mont Blanc's range
9 Spotted cats
10 Showy flowers
11 Drive out
12 Pilgrim suitor
13 Sax mouthpieces
21 Stir
22 Nadelman or Ducommun
24 Standoff
27 By itself
28 Media mogul -- Turner
29 Kyoto sash
30 Jimmy's successor
31 Suitable
33 Water-power org.
34 Feel awful
35 Aberdeen kid
37 Emits (2 wds.)
38 Unhatched fish
41 Blowing away
42 Coating of frost
43 "Titanic" message
44 More snide
46 Flying fox
47 Raga instrument
48 Bakery lure
49 Of flax
50 Come next
51 Sergeant Bilko
52 Long, narrow hilltop
53 Bottle- -- dolphin
55 Feel concern
56 Was, to Ovid
60 U.K. broadcaster



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easy

	4	6				1	3	
		5		8	6		9	
3			9				5	6
	5						6	7
				5				
8	6						2	
6	2				8			3
	8		5	4		6		
	3	4				8	7	

hard

6				1				
		3	7					5
4	2			5				1
		4			7	6	8	
7	8						4	3
	6	9	8			5		
3				7			5	6
9					5	4		
				3				9

metro.us/horoscopes

Aries A change of location will be good for you. Look for a space that will bring back your enthusiasm and offer amenities that will make your life more comfortable.

Taurus Taking a business trip or collaborating with someone who has something to offer will point you in a new direction. The changes you make will speak volumes.

Gemini Participation will be in your best interest. Engage in physical challenges that will give you the chance to work in conjunction with people just as active and vibrant as you.

Cancer Plan to attend a networking function or do something fun with youngsters or loved ones. Taking up a new hobby will lead to interesting opportunities.

Leo Making alterations to how or where you live will require your undivided attention and creative input. Be careful not to let excessive individuals lead to your downfall.

Virgo Take your responsibilities seriously. Looking after a relative will be rewarding. Your kindness will result in an unexpected gesture that will help you out financially.

Libra Refuse to let anyone frustrate you. Use your intelligence to get past any little glitch you face when dealing with someone you live or work with.

Scorpio Don't fear doing things differently. It's your uniqueness that makes others gravitate to your side. The passionate way you approach life will attract positive feedback.

Sagittarius Your kindness should be carefully made available to those worthy of them. Someone will take advantage of your enthusiasm and reluctance to admit defeat.

Capricorn You'll impress your peers with your unique suggestions and solutions. Take the initiative and turn your ideas and plans into something tangible.

Aquarius Emotional matters will escalate if you don't stay calm. Problems with schools, transportation companies, friends and relatives are best handled with reserve.

Pisces You'll receive something unexpected. Be ready to take advantage of a unique opportunity. Financial and personal gains are prevalent. EUGENIA LAST

Yesterday's answers

F	A	D	S	■	D	A	Z	E	D	■	F	E	L	L
R	U	I	N	■	A	W	A	R	E	■	A	R	I	A
E	R	M	A	■	N	E	P	A	L	■	R	I	M	S
T	A	S	T	E	D	■	■	S	T	A	M	E	N	S
■	■	■	C	E	E	■	P	E	S	K	Y	■	■	■
■	S	C	H	O	L	A	R	■	■	R	A	C	E	S
P	A	H	■	■	I	R	E	■	C	O	R	R	A	L
O	M	I	C	R	O	N	■	B	A	N	D	A	G	E
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A	L	A	I	■	S	P	A	C	E	■	Z	E	T	A
K	N	O	T	■	T	E	N	O	R	■	E	L	A	N
E	A	S	Y	■	S	L	A	N	T	■	D	A	T	E

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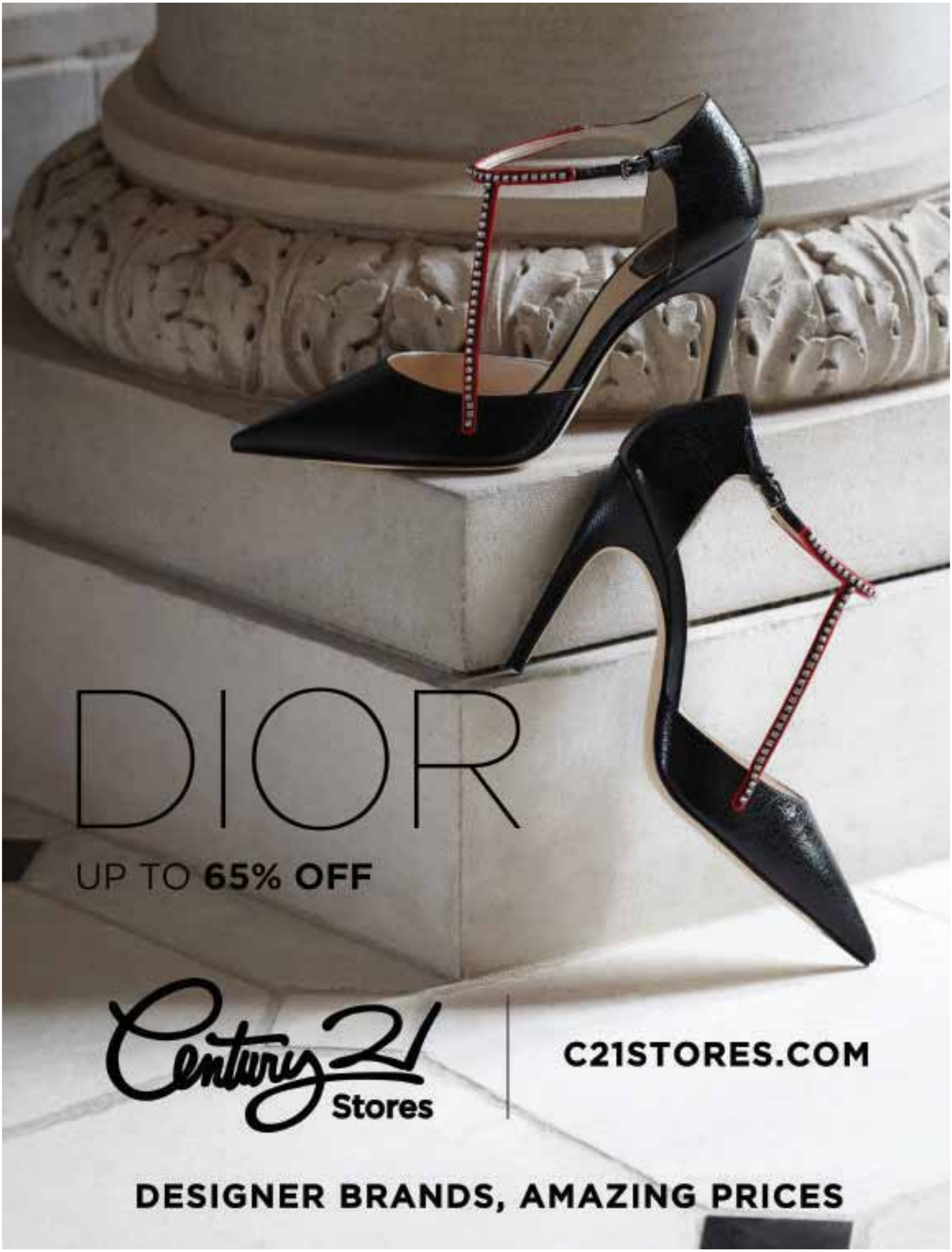
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